



CITY OF SAINT PAUL
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2012 CAPITAL CITY YOUTH FOOTBALL RULES (11U, 12U, 14U)

DIVISIONS:

1. 11U Players age on November 15, 2012 determines the level of play (this league will be formed if there are enough teams to create an 11U league). Otherwise 11U players will participate in the 12U division.
2. 12U Players age on November 15, 2012 determines the level of play
3. 14U Players age on November 15, 2012 determines the level of play & **all 14 year olds must be in the 8th grade. No 9th grade 14 year olds allowed!**

RULES:

2012 High School rules will govern with the following exceptions:

GAME TIME:

- * 11U/12U - 12 minute running time quarters, **(2 minutes stop time at the end of each half)**
- * 14 U - 10 minute stop time quarters
- * Two timeouts per half (11U,12U, 14U)
- * 28 point mercy rule. If a team is ahead by 28 points or more there will be running time the remainder of the game.
- * Two time outs per half

EQUIPMENT:

- * 11U/12U - Junior size football
- * 14U - Intermediate/Regulation size football

SCORING:

- * 6 points for touchdown (11U,12U, 14U)
- * **2 point conversion option. Head Coach must notify officials immediately following a touchdown.**
- * 1 point: Team starts on 2 yard line after touchdown
- * 2 point: Team starts on 5 yard line after touchdown

WEIGHT LIMITS FOR SKILLED PLAYERS (ball carrying position)

- *Definition of a skilled player:
 - a. Offense: Quarterback, running backs, tight ends, wide outs.
 - b. Defense: Linebackers, d-backs
- *12 & UNDER: 11U - 120 LBS.
12U - 125 LBS.
- *14 & UNDER: 14U - 150 LBS.



CAPRA Accreditation

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National Gold Medal Award

Any player lining up in a position on offense (backs, wide outs and tight ends) or defense (any position off the line more than three yards – linebackers and d-backs) is considered to be in a ball carrying position.

Ball Carrier Restrictions – No Restrictions – May play any position on offense, defense and special teams.

Non-Ball Carrier Restrictions – All players over the required weight limits, **must have a stripe** on their helmet to indicate they are not allowed to be a ball carrier. Stripes will be provided and put on the helmets by the St. Paul Municipal Athletics Staff at the weigh-ins. If a non-ball carrier lines up in a ball carrier position or carries the ball, a **15 Yard Penalty will be assessed**. Non-ball carriers may be used as punters and kickers, but must kick the ball. They cannot run, pass, lateral or advance the ball in any other manner than by kicking it. See more restrictions below.

11/12U Any non-ball carrier player may advance the ball after a turnover (Interception, Fumble). On kick-offs, all players over the weight limit must line up on the 45 yard line. They can advance the ball if it is kicked directly to them. (No laterals, hand-offs)

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FROZEN PUNTS:

On frozen punts no player on offense or defense may leave or cross the line of scrimmage until the kick is made. If the clock is running it will stop when the kicker receives the ball and starts again when the ball is kicked. This rule is not mandatory and must be agreed by coaches before the game at the coaches/ referees conference/ coin flip. If coaches can not agree, the Frozen Punt Rule will be enforced. **(11U & 12U only)**

DEFENSE:

11/12U A maximum of 6 players on defense will be allowed on the line of scrimmage .
Reminder: Linebackers and d-backs must be a minimum of three yards off the line of scrimmage.
Exceptions: All 4th down plays, and inside the defensive team's 10 yard line.

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WEIGH-IN POLICY:

- *All players must be weighed-in before they participate in the Capital City Youth Football League.**
- * Players must have their helmet and game jersey with them at weigh-ins.**
- *Players are not allowed to be weighed in their underwear (Gym Shorts are allowed).**
- *Coaches MUST have a completed roster at the weigh-ins.**
- * All players must have proof of age before weighing-in.** (Birth Certificate, Baptismal Certificate, Official Letter from School)
- * Individual players may only weigh in once. No exceptions!**

There will be one option to weigh in the respective team – this will be scheduled by the Municipal Athletic staff. There will be two individual/late weigh in dates on August 28th and September 8th.

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| * Aug. 13 th - 24 th | Local practices w/Municipal Athletic Staff |
| * Tuesday, August 28 th | Municipal Athletics office, 1500 Rice Street (3:00pm-7:30pm) |
| * Saturday, Sept. 8 th | Municipal Athletics office, 1500 Rice Street (7:00am-12:00pm) |

Note! In youth football, both teams shall be located on the same side of the field. The team area(s) will be from the 20 and 45 yard lines respectively. All spectators are required to be on the opposite side of the field.

* The above mentioned rules were developed by Capital City Football League Director, Coaches and St. Paul Municipal Athletics staff.